



# *McNeese Cowboy* *5k Cross Country Stampede*

Dear Coaches,

McNeese State University would like to extend an invitation to your team for this year's McNeese Cowboy 5K Cross Country Stampede. The course is a flat fast two loop of Lake Street Ward 3 Recreation Complex.

This year's race will be **October 3rd, 2009**

7:00am Course Inspection  
8:00am Open Fun Run  
8:45am Women's 5k College  
9:15am Men's 5k College  
9:45am Varsity Girls 5K  
10:15am Varsity Boys 5K  
10:45am Junior Varsity / middle school Girls 2 mile  
11:15am Junior Varsity / Middle School Boys 2 mile  
11:45am Elementary Kids ½ mile  
12:00pm Awards

There is no charge for College teams.

Awards will be given to the top two teams. The top 10 individuals in the College Race will be awarded a special edition t-shirt. **Additional T-shirts maybe purchased after the awards for \$10.00 first come first serve.**

If you know your team will be competing please contact our office so we can plan accordingly.

Initial entries are due no later than Wednesday, September 30th via directathletics. ([www.directathletics.com](http://www.directathletics.com)). For further information checkout our website [www.mcneesesports.com](http://www.mcneesesports.com) .

Yours in Running,

*Brendon Gilroy*

Brendon Gilroy  
Head Cross Country Coach McNeese State University